

# DIET CLERK/FOOD SERVICE WORKER

A student who has completed the Job Corps Diet Clerk/Food Service Worker program is equipped with the skills to contribute to the workplace as a valued employee from day one. Competence in academic and vocational skills is required for graduation. In addition, Job Corps students learn employability and technological skills. To complete his or her Diet Clerk/Food Service Worker training, a student must master skills in these categories:

## CORE REQUIREMENTS

Function as a member of the dietetic technician field; maintain a professional appearance; explain how federal laws concerning food affect the consumer, principles of management, production, marketing, finance and personnel, the operation of business in a free enterprise system, the government's role in business, forms of business ownership and organization, explain the basic concepts of inorganic, organic and biochemistry as they relate to nutrition; discuss the application of psychological principles and techniques to current problems and areas of human behavior; explain how the scientific method is applied to the study of human behavior; understand the nature of blood, urine, hormones, enzymes of digestion, blood pressure, heart action, the cell, muscles and respiratory and reproductive physiology.

## DIET CLERK FUNDAMENTALS

Define the principles of food preparation as it relates to the customer; discuss the nutrition requirements of the average healthy individual during all phases of the life cycle; discuss the major nutrients and the metabolic processes they undergo; discuss the following areas of food service management: safety, sanitation, development of master menu, recipe standardization, food and menu cost analysis, contract bidding and development of purchase specifications; explain the difference between food management practices in the hospitality field from those in the health care field; discuss the changes in the chemical and physical composition of dairy products, fruits, vegetables, baked goods, cereals, fish, meats and beverages brought about by storage and preparation of food.

## DIET CLERK DUTIES

Write a menu for a banquet and hospital cafeteria; know the organization and management of food service including: management of food production personnel, selection process, orientation and training of new and established employees, job analysis procedures and principles of work simplification; know the role of modified diet in the prevention of disease and restoration of health; read current literature and discuss theories and problems in the fields of food management, nutrition and related areas.